

WHAT IS CLAIMED IS:

1. A microwave dry-fry cooking process, comprising:
 - providing a food product in or on a microwave cooking vessel, wherein said food product comprises a food load and a coating composition coated on said food load, said coating composition comprises at least one microwave-absorbing oil or fat; and
 - exposing said food product in or on said microwave cooking vessel to microwave energy in a microwave oven.
2. A process according to claim 1, wherein said microwave cooking vessel comprises a layer of a microwave susceptor material.
3. A process according to claim 2, wherein said microwave susceptor material heats in response to only one of an electrical waveform of said microwave energy or a magnetic waveform of said microwave energy.
4. A process according to claim 2, wherein said microwave susceptor material heats in response to both an electrical waveform of said microwave energy and a magnetic waveform of said microwave energy.
5. A process according to claim 2, wherein said microwave susceptor material comprises at least one material selected from the group consisting of elemental metals, metal alloys, combinations of metals and alloys, oxides thereof, derivatives thereof, and mixtures thereof.
6. A process according to claim 2, wherein said microwave susceptor material comprises at least one material selected from the group consisting of aluminum, copper, tin, silver, nickel, zinc, stainless steel, nickel-chromium alloy, titanium, alloys of the foregoing materials, oxides of the foregoing materials, derivatives thereof, and mixtures thereof.
7. A process according to claim 2, wherein said microwave susceptor material comprises at least one material selected from the group consisting of aluminum, stainless steel, nickel-chrome alloys, and mixtures thereof.
8. A process according to claim 1, wherein said microwave cooking vessel is a bag comprising a layer of a microwave susceptor material.
9. A process according to claim 8, wherein said bag is formed from a multi-layer sheet comprising a plastic surface layer, and intermediate susceptor layer, and a plastic base layer, wherein said plastic surface layer contacts said food product.

10. A process according to claim 9, wherein said multi-layer sheet comprises:

a polyester surface layer, having an optional heat-seal layer;
an intermediate susceptor layer comprising a susceptor material

5 selected from the group consisting of elemental metals, metal alloys, and mixtures thereof; and

a cellophane base layer.

11. process according to claim 1, wherein said microwave cooking vessel is selected from the group consisting of a plate, a disk, a pair of plates or disks to be disposed on different or opposite sides of a food product, a wrap product to loosely or fittingly wrap about the food product, a box, a carton, a bag, a bowl, a covered or uncovered microwave cooking container, a pouch, a sleeve, a tray, a pad, and a patch.

12. A process according to claim 1, wherein said coating composition further comprises at least one material selected from the group consisting of 15 flavorants, colorants, browning agents, and breading agents.

13. A process according to claim 1, wherein said food load is raw and said exposing step cooks said food product.

14. A process according to claim 1, wherein said food load is pre-cooked and said exposing step re-heats said food product.

20 15. A process according to claim 1, wherein said exposing step causes said at least one microwave-absorbing oil or fat to heat to a temperature of from about 175°C to 300°C.

25 16. A process according to claim 15, wherein said exposing step causes said at least one microwave-absorbing oil or fat to heat to said temperature of from about 175°C to 300°C in less than about 2 minutes.

17. A process according to claim 15, wherein said exposing step causes said at least one microwave-absorbing oil or fat to heat to said temperature of from about 175°C to 300°C in less than about 1 minute.

30 18. A process according to claim 1, wherein said exposing step causes said at least one microwave-absorbing oil or fat to heat to a temperature of from about 195°C to 250°C.

19. A process according to claim 18, wherein said exposing step causes said coating composition to fry said food load.

20. A process according to claim 1, wherein said exposing step causes said at least one microwave-absorbing oil or fat to heat to a temperature that is higher than a temperature of said microwave cooking vessel.

21. A process according to claim 1, wherein said exposing step causes said at least one microwave-absorbing oil or fat to heat to a temperature that equal to or less than a temperature of said microwave cooking vessel.

22. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is derived from animal sources.

23. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is derived from vegetable sources.

24. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is a synthetic oil or fat.

25. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is solid at room temperature.

26. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is selected from the group consisting of coconut oil, corn oil, cottonseed oil, fatty-pork tissue, lard, palm oil, shortening, safflower oil, sunflower oil, tallow, palm fat, soybean oil, sunflower oil, rape seed oil, and mixtures thereof.

27. A process according to claim 1, wherein said coating composition comprises a microwave-absorbing fat.

28. A process according to claim 1, wherein said exposing step cooks said food product, and said food product has a crisp outer surface.

29. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is present in an amount of from about 1% to about 20% by weight of the food load.

30. A process according to claim 1, wherein said at least one microwave-absorbing oil or fat is present in an amount of from about 5% to about 18% by weight of the food load.

31. A microwave dry-fry cooking process, comprising:
30 providing a food product in or on a microwave susceptor cooking vessel, wherein said food product comprises a food load and a coating composition coated on said food load, said coating composition comprises at least one microwave-

absorbing oil or fat present in an amount of from about 1% to about 20% by weight of the food load;

exposing said food product in or on said microwave susceptor cooking vessel to microwave energy in a microwave oven; and

5 cooking said food product by causing said coating composition to fry said food product.

32. A microwave frying coating composition, comprising:

a microwave absorbing fat; and

10 at least one additive selected from the group consisting of flavorants, colorants, browning agents, and breading agents.